BENGALURU, WEDNESDAY, MARCH 6, 2024 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

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How land under Domlur flyover, a trash black spot, turned a health hazard for residents

UNDERDEVELOPED

Space houses biogas plant, cattle shed, garbage transfer point

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

The vacant land below the loop of Domlur flyover has become an eyesore for motorists who use the loop to reach Indiranagar from HAL Airport Road. The vacant land in question is being used for purposes including for a biogas plant, a cow shed and as a garbage transfer point thus converting it into a notorious trash black spot.

The residents, who visit the adjacent park for walks in the morning and evening, said the black spot has become a health hazard.

They blamed the Bruhat Bengaluru Mahanagara Palike's (BBMP) solid waste management authorities for the nauseating condition of the land below the loop of the flyover.

"The vacant land has become a destination for dumping trash. We have been complaining to the BBMP authorities but nothing has been done to

CONTINUED ON PAGE 8 »

KAUSHIK JN

"I will direct the contractor to remove garbage from the vacant land...
— assistant executive engineer, SWM, BBMP

Process this

Ill effects of ultra-processed foods on health

PAGE 7

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	Emergency Stop Signal	Yes	No	No
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	Front USB charger Type C	Yes	No	No
	Cruise Control	Yes	Yes	No
	Eco Coating Technology	Yes	No	No
Outstanding Safety	Side & Curtain Airbag	Yes	Only Dual Front	Only Dual Front
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2 THINGS TO DO

01 Rajasthani extravaganza

Don't miss the grand Rajasthani Exhibition Cum Sale organised by Maaruthi Enterprises, showcasing an exclusive array of handloom, handicraft, and jewellery items, along with sarees, dress materials, khadi kurta, and suit pieces. This event brings together rural artisans from across India, featuring traditional crafts like Orissa tie and dye, West Bengal cotton sarees, and Rajasthan handicrafts. **When- Until March 10**
Where- VV Convention Hall, Banaswadi Ring Road`

02 Celebrate women

Join Active Canvas Foundation for a special Women's Day Symposium. Celebrate the achievements and resilience of women from all walks of life with insightful panel discussions, inspiring talks, performances, and networking opportunities. Learn about the Wonder Women Program (WWP), a fellowship programme supporting young women transitioning into independent adulthood. **When- March 9**
Where- Bangalore International Centre

Spiritual titans remembered

The Mahasamadhi Divas of Swami Sri Yukteswar Giri and Sri Sri Paramahansa Yogananda, celebrated on March 9th and March 7th respectively, honour two revered saints whose teachings have deeply influenced countless devotees. Sri Yukteswarji's mentorship of Yoganandaji recounted in 'Autobiography of a Yogi,' played a pivotal role in shaping the latter's spiritual journey. Under Yukteswarji's guidance, Yoganandaji became a global advocate for Kriya Yoga, establishing the Self-Realization Fellowship (SRF) to disseminate these teachings worldwide. Their bond exemplified the sacred guru-disciple relationship, inspiring millions to pursue spiritual growth. Yoganandaji's unwavering dedication to his guru's teachings echoes Yukteswarji's prophetic words: "Everything in the future will improve if you are making a spiritual effort now." Their enduring legacies continue to touch the hearts of devotees worldwide. — BMB

IIHR magic: Keep fruits fresh longer

Cutting-edge preservation methods by IIHR revolutionise fruit storage

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Freshly cut fruits typically have a short shelf life, posing challenges for their storage and distribution. However, the Hesaraghatta-based ICAR-Indian Institute of Horticultural Research (IIHR) has developed technologies aimed at extending the shelf life of large fruits that are difficult to peel, such as jackfruit, pineapple, and papaya. An official noted that these technologies have been tailored to meet the storage temperature requirements commonly found in supermarkets, typically around 8°C.

Importantly, these methods do not involve the use of additives; rather, they rely on packaging techniques to enhance shelf life. These advancements ensure a shelf life of up to ten days when stored at the recommended temperatures. Additionally, protocols for enhancing the shelf life of other common fruits like musk melon, pomegranate, and pomelo are currently in development. These were displayed as the 'National Horticulture Fair 2024 began at ICAR-Indian Institute of Horticultural Research on Tuesday.

"The evolving patterns of food consumption, driven by factors such as the availability of processed foods and improvements in logistics and storage, have led to increased demand for minimally processed fruits. These products offer a convenient and nutritious alternative to fresh fruits, particularly in urban areas where access to fresh produce may be limited. Minimally processed fruits undergo minimal processing steps, retaining the nutritional integrity and freshness of the fruit. They are particularly popular among urban consumers due to growing health consciousness, higher disposable incomes, and smaller family sizes," an official said.

The official said that the production of minimally processed fruits involves simple unit operations such as washing, peeling, cutting, and packaging. Maintaining a cold chain throughout the transportation and retailing process is crucial to preserving the quality of fresh-cut fruits. While these products typically have a moderate shelf life of one to two weeks, they offer significant economic benefits, with a benefit-cost ratio ranging from 1.8 to 2.5:1. Various pretreatment methods, including edible coatings and modified atmosphere packaging, have been explored to enhance shelf life and preserve the quality of minimally processed fruits.

> **"Minimally processed fruits undergo minimal processing steps, retaining the nutritional integrity and freshness of the fruit** – an official

Regarding jackfruit, an underutilised crop with significant potential, efforts have been made to extend its shelf life and enhance its marketability. "Jackfruit is valued for its versatility, as it can be consumed as both a dessert fruit and a vegetable. However, its seasonal nature and susceptibility to browning present challenges for its preservation and utilisation. The institute has developed technologies to extend the shelf life of tender jackfruit chunks, offering a ready-to-cook product with a shelf life of over 18 months. Additionally, a ready-to-eat tender jackfruit curry has been developed using retort processing technology, providing consumers with a convenient and nutritious meal option. These innovations not only address the challenges associated with jackfruit preservation but also contribute to the growth of the ready-to-eat segment in the processing industry," the official added.

SC quashes ED case against DK Shivakumar

In a relief to Karnataka Deputy Chief Minister DK Shivakumar, the Supreme Court on Tuesday quashed a 2018 money laundering case against him and another accused in the matter. Shivakumar thanked the top court for dismissing the money laundering probe against him and said the central agencies are planning to file an appeal against the order, but he is equally prepared for it. The Congress leader had moved the top court against the 2019 order of the Karnataka High Court that refused to quash the Enforcement Directorate (ED) summons issued to him in an alleged case of money laundering. A bench of justices Surya Kant and KV Viswanathan set aside the high court order and allowed the appeals filed by Shivakumar and Karnataka Bhavan (Delhi) employee A Hanumanthaiah.

"Appeals are allowed, the proceedings initiated against the appellants under the PMLA are hereby quashed," the bench said. Shivakumar, who is also the Karnataka Congress chief, said he would soon let people know how the CBI targeted him.

"I got information about the relief from the Supreme Court. I learned that the cases framed against me were found wrong. Today is a day of joy after many difficulties in life," he told reporters in Bengaluru. When asked whether he felt that the journey is now easy, Shivakumar said he never felt the journey was difficult. "I went to jail confidently. The more they trouble me, I will only rise politically," he said. "I prostrate before the judges in the Supreme Court from here. I have been saying that I did nothing yet I faced numerous problems," he added. Shivakumar was booked along with Haumanthaiah for alleged offences under the Prevention of Money Laundering Act (PMLA).

The case dates back to August 2017 when the Income Tax department had carried out searches at multiple premises in Delhi as part of its alleged tax evasion probe against Shivakumar, his alleged business associate and liquor trader Sachin Narayan, another associate Sunil Kumar Sharma who operated a fleet of luxury buses, Karnataka Bhavan (Delhi) employee A Hanumanthaiah, and former state government employee and caretaker posted at the Karnataka Bhavan Rajendra N. The department during the searches had seized more than Rs 8.59 crore, out of which more than Rs 41 lakh has now been adjusted as the tax liability of Shivakumar and more than Rs 7.58 lakh as that of Sharma after they claimed the money as their agriculture and business income. – PTI

Hoax effect: KSRTC on high alert

Drivers, conductors told to be extra vigilant for any luggage that is lying around unattended to

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TWEETS @BangaloreMIRROR

Karnataka State Road Transport Corporation was on high alert, after a bomb threat email mentioning the 'Ambari Utsav' buses landed on Tuesday. Nearly 700 people travel in KSRTC's Ambari Utsav on a daily basis. The bomb threat email mentions Ambari Utsav as the next explosion spot after The Rameshwaram Cafe. The email threatened to create an explosion in an Ambari Utsav bus if they were not provided with 2.5 million dollars.

Responding to the threat, KSRTC officials have been on high alert and checks are being performed on each Ambari bus.

KAUSHIK JN

Passengers wait for their buses at the Majestic bus station

"We have given directions to all divisions and depots and bus stations for more vigilance. We have sensitised drivers and conductors to keep an eye on unaccompanied luggage. They have been asked to report to police authorities if they suspect anything. All the divisions, bus stations and depots to work have been instructed to work according to the instructions of the police," said a KSRTC official.

KSRTC and Bengaluru City Police are conducting a joint inspection of all buses and bus stations. Additionally, KSRTC security staff is also speaking to every driver and conductor at the security gate.

Threat email targets CM, Deputy CM, Home Minister

Top figures of Karnataka, including the chief minister, deputy chief minister, home minister, and Bengaluru city police commissioner, were targeted by threatening emails on Tuesday. Coming close on the heels of a low-intensity blast at The Rameshwaram Cafe in Brookfield, on March 1, that had injured 10 people, the threat mails created a flutter.

Cybercrime authorities have intensified their investigations and initiated a case proactively. They are actively working to trace the origin of the threatening emails.

The emails warned of potential attacks on public spaces and transportation, including the prestigious buses of KSRTC, along with a demand for a $2.5 million ransom to prevent these attacks. The sender also threatened to publicise information about the next attack on social media platforms.

Despite suspicions that the emails may be a hoax, law enforcement agencies have increased surveillance at public areas to ensure safety, according to an official statement.

The email was sent by a person using the email address Shahidkhan10786@protonmail.com.

"What are your thoughts on the movie trailer? If you don't provide us with 2.5 million dollars, we will cause large explosions on buses, trains, temples, hotels and public areas throughout Karnataka," the mail read.

"We want to show you one more trailer. We are going to explode the next one in the Ambari Utsav bus. After the Ambari Utsav bus blast, we will raise our demands on social media. ," it stated.

Prison radicalisation: NIA conducts raids in 7 states

The National Investigation Agency (NIA) conducted raids at 17 locations across seven states on Tuesday as part of its investigation into the Bengaluru prison radicalisation case, according to sources familiar with the matter.

T Naseer, a convicted member of Lashkar-e-Taiba (LeT) serving a life sentence, is accused of radicalising multiple individuals within the Bengaluru central prison, allegedly encouraging them to carry out terrorist activities in India. The case was initially registered by the Bengaluru City Police after the seizure of firearms and explosives, including pistols, hand grenades, ammunition, and walkie-talkies in July 2023. The NIA assumed control of the investigation on October 25, 2023, and had previously conducted raids related to the case on December 13, 2023.

During the raids across seven states this morning, the spokesperson said they recovered 25 mobile phones, six laptops and four storage devices, besides various incriminating documents and cash, apart from the currency notes of various countries.

An NIA spokesperson said the raids involved extensive searches at the premises of Naveed, Syed Khail, and Bijju of Karnataka, Mayur Chakrobraborty of West Bengal, Navjot Singh of Punjab, Hardik Kumar and Karan Kumar of Gujarat, Johnson of Kerala, and Musthaq Ahmed Sathikali, Mubith and Hassan Al Bassam of Tamil Nadu.

The investigations revealed that the absconders had established a network of individuals across India to promote the activities of LeT and to route funds to various individuals anonymously, the official said.

According to the NIA which took over the case in October 2023, investigations revealed that Naseer, who was involved in blast cases, had come in contact with the other accused while they were all lodged in Bengaluru prison in 2017.

Probe into cafe blast

Although it remains unclear whether Tuesday's raids by the NIA are linked to the recent explosion at The Rameshwaram Cafe, sources suggest that the agency will investigate any potential link. The NIA had recently taken over the investigation into The Rameshwaram Café blast on Monday.

Following the transfer of the case by the Ministry of Home Affairs (MHA), NIA investigators commenced their examination by visiting the blast site on Tuesday.

They engaged with cafe staff to gather pertinent details. According to sources, NIA Inspector General Santosh Rastogi will spearhead a comprehensive investigation, with plans to convene a meeting with the state police department in the near future. Despite assurances from Karnataka's Deputy Chief Minister DK Shivakumar regarding swift apprehension of the perpetrators, the investigation has yet to yield significant progress four days later. This delay prompted criticism from the BJP, which questioned the state police's handling of the case and advocated for its transfer to the NIA.

BMB & agencies

Man leaps from train onto moving car, dies

In a shocking incident near Vasanth Nagar, a 21-year-old man lost his life after leaping onto a moving car from the Windsor Manor Bridge. The individual, identified as Venu from Tamil Nadu, reportedly jumped from a moving train onto the car. Authorities have initiated an investigation into the matter, with a case registered at the Bengaluru City Railway Police Station. Preliminary findings suggest a potential suicide, as Venu succumbed to his injuries at the hospital after falling onto a car being driven by a woman. The vehicle sustained damage during the incident. **BMB**

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CM pledges fair tanker rates amid water crisis

CM Siddaramaiah convenes urgent meeting to tackle escalating drought situation

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A BWSSB water tanker was seen even inside CM Siddaramaiah's official residence premises on Tuesday

The water to the Chief Minister's residence was supplied via a water tanker on Tuesday. Although there is nothing inherently wrong with this, it serves as an indication of how the water crisis is unfolding in the city. With many residents dependent on tanker water and expressing complaints about exorbitant rates being charged, CM Siddaramaiah stated that they would work with the tanker owners to establish a 'reasonable rate.'

Siddaramaiah held a crucial meeting on Tuesday today with all district in-charge ministers, secretaries, deputy commissioners, and Zilla Panchayat chief executive officers to discuss the measures taken to address the prevailing drought situation in the state.

During the meeting, the CM highlighted the worsening drinking water problem, particularly since February, and stressed the need for urgent action to mitigate the situation before it escalates further. He pointed out the significant rainfall deficit during the monsoon and pre-monsoon seasons, with only 9 mm of rainfall expected in the pre-monsoon period. Additionally, he noted the likelihood of an increase in heat waves and temperatures rising above normal in the coming days.

Regarding relief efforts, the CM informed that the pending Central Government relief of Rs 631.13 crore has been released to 33.25 lakh farmers. He underscored the importance of efficient utilisation of these funds to address the pressing needs of the affected farmers. He also provided an update on the current water supply situation, highlighting the deployment of tankers and private bore wells in urban areas to alleviate water scarcity. He mentioned that the situation had not deteriorated until January, and efforts were underway to identify potential problem areas and address them proactively. In terms of fodder availability, the CM assured that there is currently no shortage, except for some areas in Chitradurga where three 'Goshalas' have been initiated to address the issue. He emphasised the importance of taking prompt action at the hobli level to address any emerging concerns and ensure compliance with guidelines.

Regarding water reservoir levels,

Regarding relief efforts, the CM informed that the pending Central Government relief of Rs 631.13 crore has been released to 33.25 lakh farmers

CM Siddaramaiah expressed concern about the decrease in water levels, particularly in the Tungabhadra Reservoir, which may impact communities dependent on the Tungabhadra River for drinking water. He stressed the need for regular monitoring and suggested convening weekly meetings to review the situation. Addressing concerns about the delayed release of funds under the MGNREGA scheme, he highlighted the need for timely disbursement to prevent disruptions in employment opportunities for families reliant on these schemes.

Moreover, he acknowledged the role of guarantee schemes in reducing migration and reiterated the importance of prioritising water supply through tankers within 24 hours of receiving complaints. He stressed the need to expedite bore well repair and drilling processes, with funds allocated for this purpose.

Finally, the CM directed officials to address the specific challenges faced by districts experiencing water scarcity, implement strict measures to conserve water resources and ensure timely intervention to mitigate the impact of the drought on vulnerable communities.

Tidying up with faith

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The drive to dispose of abandoned photos, idols, and calendars of deities is gaining popularity among residents of the city. A drive was conducted by RT Nagar Rotary Club and Sri Kamakshi Aarsha Samskriti Trust at Sahakaranagar on Sunday. Around 60 residents gathered at Varasiddhi Vinayaka Temple in Sahakar Nagar to dispose of hundreds of photo frames, broken idols, and old calendars with photos of deities.

The drive called Udhvasana Pooja is aimed at creating awareness among the public against the dumping of idols, photos, and other objects of religious importance into lakes or under trees. The volunteers have segregated wooden frames, photos, calendars, and old books after performing Udhvasana Pooja.

"Before starting the event, we did some inquiries. The auto tippers don't collect abandoned religious objects due to the fear of the divine. The Dry Waste Collection Centre (DWCC) operators were also brought to the location of the drive and explained that it is now safe to collect such articles," said Sowmya Raghavan, a member of RT Nagar Rotary Club, adding that she wants to organise similar programmes in oth

Prior to performing Udhvasana Pooja, the volunteers asked people to bring old photos, calendars, etc., to a particular location, preferably a temple in the locality. The volunteers also bring abandoned idols from the area to the same location. A priest from the temple performs the Pooja which is spiritually similar to a Visarjana. The objects are then resold to retailers or recycled through dry waste collection centres of the same ward.

Residents who brought the articles from their homes felt a sense of closure after the Pooja and were satisfied with the way the materials were handled. Some of them have volunteered to put up boards saying 'do not dump here' in their areas under trees and other vulnerable spots.

Appreciating the volunteers for organising the awareness programme, Sneha BK, a resident of Sahakaranagar, said that she was in a dilemma on how to dispose of old photos of deities. "I followed their advice and took two old photo frames, calendars, and old books to the designated place. I am very happy to participate in the event for two hours," she said.

Varsha Sunder, founding president of Sri Kamakshi Aarsha Samskriti Trust, said that she joined hands with members of RT Nagar Rotary Club to sort out abandoned broken idols, old photo frames, and calendars. "We launched a similar event at our apartment complex at RT Nagar and received a good response. The event was held in January," said Sunder.

Describing the event as a good one, Sudhakar Rajan, president of RT Nagar Rotary Club said the awareness programme would help many people who find it difficult to dispose of old photo frames.

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Problems in your area?
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Hawker takeover

HRBR Layout

Hawkers have occupied the area near the Bus Stop, a Ganesha Temple, and a main road for the last year causing inconvenience to citizens. Despite this being a prime location, there has been no action from the BBMP or the police.

Whose car is this?

Basavanagudi

A vehicle has been parked on Sri Rama Mandira Road for many months, obstructing the passage.

Drain fixed

MT Street

The drainage issue opposite Maramma Temple was resolved thanks to the publication of this issue in these columns, for which the residents are grateful.

THE BEST CHICKEN SOUP FOR THE SOUL

Chicken soup has earned its reputation as a soothing and nourishing elixir over generations. Beyond its delightful taste, this time-honoured dish is known as the best comfort food and boasts numerous health benefits, which makes it a cherished dish worldwide. Its warm, steamy broth can help clear congested sinuses and provide much-needed hydration, while the chicken itself offers a lean source of protein, aiding in muscle recovery and immune support. The vegetables commonly found in Chicken Soup, like carrots, celery, and onions, provide essential vitamins and minerals that boost overall health.

Mostly, we see the Chicken Soup with a thick consistency and a pale white-to-white colour. However, there are several varieties of Chicken Soup that many people don't know about. Recently, global food mapping site Taste Atlas paid tribute to this classic comfort food and revealed the list of '10 Best Rated Chicken Soups in the World' and in the same, Tom Kha Gai has won the number 1 position with 4.7 stars out of 5.

— Times Food

WHAT PLANS FOR WOMEN'S DAY?

The Ritz-Carlton Bangalore has a series of events lined up for all you ladies to celebrate your day.

Let us start with tea

You can celebrate Women's Day with the Legendary High Tea. Savour teas steeped in elegance, relish in delectable treats crafted with precision, and honour the remarkable women who have enriched our lives.

This is happening at The Lobby Lounge, from March 6 to 10, from 4 pm- 8 pm; **For reservations: 9035416155; 9741035124**

Spa time

You can redefine celebration, by gathering your girlfriends and heading out for a day of pampering. Indulge in a sublime 60-minute rendezvous and unwind by the pool with exclusive access. This is for the whole of March from 8 am- 11 pm; Reservations: 7875158958

Feel like brunch?

Have an exquisite brunch at The Market. Cheers to all the extraordinary women who inspire us every day. Step into The Market on International Women's Day, March 8 from 12.30-3.30 pm; **Reservations: 9035416155; 9741035124**

At last, Venkatappa Art Gallery to get a touch up

Revitalisation project aims to restore historic art gallery, offering renewed platform for local artists and preservation of Karnataka's artistic heritage

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Venkatappa Art Gallery

Finally, artists can heave a sigh of relief as restoration efforts have commenced at the Venkatappa Art Gallery, situated near Cubbon Park and adjacent to the Bengaluru Museum. The gallery had been deteriorating, prompting concerns from artists. Unfortunately, due to insufficient funds from the Department of Archaeology Museums and Heritage, Government of Karnataka, the gallery remained underdeveloped. However, the restoration works are now underway, addressing the longstanding issues and providing renewed hope for the artistic community. The art gallery revitalisation is undertaken by the Brigade Foundation. The Venkatappa Art Gallery is a 3-storey building containing a temporary gallery space along with permanent gallery spaces to house Krishnappa Venkatappa & KK Hebbar's artwork, CP Rajarama's wooden works, and contemporary paintings.

Since the building's inception in 1975, there has been a steady deterioration of the building and connected infrastructure. Presently, the building is in an unusable condition requiring upgrades and repairs at all fronts along with critical design-related additions and insertions like the addition of gallery spaces in tune with artists' requirements.

The scope of work includes replastering damaged areas, redoing waterproofing, Ferro cement fascia panel replacement, redesigned toilets, refurbishing windows, MS fabricated staircase, landscaping redo, and much more.

Additionally, redoing false ceilings, lighting, and electrical works will be undertaken. Elevators will be added and seating in the auditorium and floors of all three galleries will be redone. Furniture, benches, wall panelling in galleries for displaying paintings, and much more will be made. An artist said, "The Venkatappa Art Gallery was like a forgotten stage, with cracked walls, and lights that refused to shine. The silence of stalled lifts mirrored the pause in our plays. Now, with this restoration, it's like the curtains rising again. This revival isn't just fixing walls; it's mending the stage for countless artists, giving us a renewed platform to illuminate the canvas of our creativity."

The Brigade Foundation spokesperson said, "The restoration work will include repairing the museum's infrastructure including civil repairs, public amenities and enhancing gallery displays as per required standards to help preserve artworks. It will also include improving external landscaping. All this will be done while retaining the museum's original character. We aim to complete the renovation by Dussehra this year. I have full confidence that the revitalised gallery will make a significant contribution to enhancing the existing rich history of art and culture in Karnataka. The renovated art gallery will enable artists from across Karnataka to have more exhibitions and display their artwork and will also attract more public footfall."

> **"The renovated art gallery will enable artists from across Karnataka to have more exhibitions and display their artwork and will also attract more public footfall**
> – Spokesperson, Brigade Foundation

Born in 1886 in Mysore, Venkatappa, a distinguished artist, pursued his education in Fine Arts at the Chamarajendra Technical Institute from 1902 to 1908. His artistic journey continued with advanced studies in Fine Arts and Crafts in Calcutta under the guidance of Percy Brown and Abhanindranath Tagore from 1909 to 1916. Venkatappa excelled in Veena, studying under Veena Sheshanna and his disciple Sri Rama Swamy Iyengar. Proficient in Plaster of Paris relief works, he showcased his talent in ivory depictions, notably portraying Nalwadi Krishnaraja Wodeyar. His artistic contributions extended to adorning the Mysore Ambavilas Durbar Hall and creating captivating landscape paintings of Ooty and Kodaikanal in various moods and seasons. Renowned for his expertise in line drawings, Venkatappa passed away in 1965, leaving behind a lasting legacy in the realm of art.

NASSCOM urges GoK to reconsider uniform taxi fares

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After the Internet and Mobile Association of India (IAMAI), the National Association of Software and Service Companies (NASSCOM) has written to the state government to reconsider its decision for uniform pricing for taxis.

The state government's decision to implement uniform pricing for all taxi vehicles has caused controversy. Previously, the IAMAI had written to Transport Minister Ramalinga Reddy, and now NASSCOM, the Apex body for the technology industry in India, has followed suit.

NASSCOM addressed a letter to the Government of Karnataka, urging a review of the newly notified cab fares in the state. On February 3, 2024, the Department of Transportation, Government of Karnataka, revised the fare structure applicable to taxis, both mobile application-based and non-app-based city taxis. While they welcomed the increase in minimum fares for up to 4km, they raised concerns about the revised fares.

"Earlier, a range for per-km fare was in place. This allowed app-based taxi aggregators to deploy dynamic pricing, with guardrails, i.e., within the permitted range of fares. With the latest notification, this is no longer possible because of the mandatory flat fares," stated Garima Prakash, Deputy Manager at NASSCOM, in a blog post.

"The fare structure for app-based and non-app-based city taxis was different. The higher fare for app-based taxis considered the added value offered by app-based taxi services and taxis hailed on the street. The new fare structure mandates the same fare for both taxis, thereby making it tougher to offer value-added services. Further, given the flat fares, the earlier practice of app-based taxi aggregators to cover the service fee within the fare brackets is also not possible," justified Prakash.

BM Education

BU to study wastewater utilisation and transform library spaces

| Sridhar Vivan
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TWEETS @sridharvMirror

To stop the wastewater from literally going down the drain, Bangalore University (BU) has stepped in to utilise the wastewater. It has tied up with Waste Water Management (WWM) Illinois, USA, to systematically explore wastewater management and recycled water usage in the city, in collaboration with Bangalore Water Supply and Sewerage Board (BWSSB), Bruhat Bengaluru Mahanagara Palike (BBMP), Rotary Club, and Ashoka Trust for Research in Ecology and the Environment (ATREE).

BU vice-chancellor Dr SM Jayakar said, "Despite the continuous decline in water quality, the demand for water is escalating. In this context, research on the appropriate utilisation and management of water is imperative. Bangalore University, in collaboration with WWM, is conducting this essential research." Over the course of a year, comprehensive research will be conducted on various aspects, including wastewater treatment processes, pollutants, regulatory frameworks, reuse and recycling, green infrastructure, energy recovery, smart technologies, climate change resilience, public engagement, and problem-solving measures. An international conference on wastewater management is scheduled for the following year to disseminate research findings.

The research involves participation from a diverse array of stakeholders, including water and wastewater management experts, industry leaders, researchers, government representatives, and environmental advocates. Through collaborative discussions and interactive sessions, innovative solutions and strategic approaches to global challenges in water and wastewater management are being explored.

Meanwhile, with a grant of Rs 1 crore, the Bangalore University library is undergoing a transformation, with a special focus on creating a greener environment. Around the library, spanning 10 acres, 28 thousand Miyawaki trees will be planted, enhancing the greenery.

"Traditional plants and trees will be carefully selected to enrich the surroundings, fostering a serene atmosphere for students. To facilitate stress-free studying, a unique "Hanging Library" will be established in banyan trees, providing secluded spots for students to immerse themselves in their studies. Furthermore, efforts will be made to further digitise the library, with free Wi-Fi and designated lounges for students and teachers. Dedicated zones for sports and social activities will be set up, promoting holistic development and mental well-being. Additionally, the library section will introduce recreational activities such as gaming and music, while an outdoor theatre will offer opportunities for educational endeavours", said librarian Dr BR Radhakrishna.

The BU library has a collection of over 4 lakh books and 65 thousand e-books. "The introduction of the M Library app further enhances accessibility for students, offering resources necessary for competitive exams in various fields. Embracing a new approach to sustainability and digitisation, the library is set to undergo a progressive makeover," he added.

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BangaloreMirror | 7
Wednesday, March 6, 2024
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STILL PROCESSING

Review shows many ill effects on health of ultra-processed foods – how to understand the evidence

Ultra-processed foods, such as cereals and fizzy drinks, have been linked to 32 harmful health effects, according to the largest review of the evidence to date.

Globally, one in five deaths are thought to be due to poor diet, and the role of ultra-processed foods or UPFs has attracted much attention in many studies over recent years.

UPFs were first defined around 15 years ago to allow researchers to investigate the effect of food processing on health. This new study, called an "umbrella review", analysed many recent studies, involving almost 10 million people, to bring together much of the available data to give an overall picture of how UPFs affect our health.

The results implicate the consumption of large proportions of UPFs in a diet with poor health outcomes and early death from a range of conditions, including heart disease, type 2 diabetes, obesity and poor mental health.

Diets containing high proportions of UPFs are undoubtedly bad for your health, and the new study supports the links to a wide variety of diseases. But questions remain about the specific mechanisms by which these foods make us ill.

Researchers have proposed several mechanisms over the years. These include poor nutritional quality, as some UPFs can be high in fat, sugar and salt, low in fibre and deficient in essential vitamins, minerals and antioxidants.

Other mechanisms include a lack of structure and texture, which speeds up eating, increases blood sugar levels and is less effective at reducing appetite. Much attention has also focused on food additives and other chemicals, either added to food or as contaminants from packaging or the environment.

Quality of evidence varies

An interesting aspect of the current work is the fact that the strength of the results among the studies was varied, and some of the correlations were weak. This is probably in part due to the wide range of foods contained within the UPF category.

The definition identifies foods that may contain additives and chemicals and are intensely processed using refined and reconstituted ingredients, which consumers may not be familiar with.

This covers foods as diverse as ice-cream, snacks, wholemeal bread, processed meats and low-fat spreads. These very different foods containing very different ingredients and nutrient contents are probably going to have very different effects on our health.

Another important factor to consider is that these studies are large, population-level studies, where thousands of people record their normal dietary intake and health status. The analysis takes into account ("adjusts for") various factors, such as age, gender and lifestyle, that can skew the figures.

However, the results can only show a relationship between dietary intake and health. They don't provide direct evidence of the mechanisms involved. We urgently need new research to understand how and why certain foods can cause ill-health.

Although some direct studies are possible, the long-term health effects of, for example, consuming high levels of food additives could be difficult and ethically questionable. But there is an opportunity here to investigate these effects in more detail using existing data. As more studies are published, the amount of data should surely allow us to focus on different forms of UPFs to identify the best and the worst.

Given the huge amount of data in the umbrella review, it would be interesting to extract some more precise data to help identify which foods we should avoid.

Time to delve deeper

There is a huge range of foods contained within the UPF category, with an equally diverse range of nutrient contents. Commercial wholemeal bread is classified as a UPF as is ice-cream, doughnuts and fried snacks. So it is highly likely that different UPFs will have a wide range of health effects.

Also, mechanistic studies where human subjects are fed specific foods or ingredients in a controlled manner, as well as more detailed statistical analysis of the existing studies, should help us to identify which UPFs to avoid, which are safe, and which may even be beneficial as part of a healthy, balanced diet.

One thing is certain, these studies should help inform advice about curbing our consumption of UPFs that are clearly detrimental to health. Conversely, we should also aim to identify what aspects of these foods are the most dangerous, so that food manufacturers can eliminate them from our diets, as has been achieved with harmful ingredients such as trans fats and some artificial colours.

Many people rely heavily on commercial, processed food products, and we need to ensure that in the future, these foods are safe and nutritious, particularly for poor and vulnerable groups.

(By Pete Wilde, Quadram Institute, The Conversation)

All you need to know about...

Bath salts

• Tuck You In Like A Baby
Bath salts are natural sleeping pills for your body. Instead of taking pills for insomnia, simply soak into a bath and add rose bath salts after a long and tiring day. The salt crystal absorbs magnesium into the body that gives you a good night's sleep, while the rose essential oil lifts your mood.

• Rejuvenate Mind & Body
Giving yourself a salt soak is like meditating – the aroma of the ultra-relaxing essential oils calms the mind and the magnesium salt crystals energise the fatigued body.

• Stimulate All Senses
As the magnesium salt enters your body, you feel a shock of vitality; every part of the body energises, from head to toe. A warm bath with salts also hydrates and moisturises your skin. Pick pink Himalayan salts, Dead Sea salts, and lavender oil or extract to revive all the senses and leave your body feeling calm and peaceful.

• Deepen Detoxification
Your skin also wears and stresses out every day. Bath salts exfoliate dead skin and nourish, hydrate and deeply detoxify your skin. They work amazingly well on sunburns too, leaving skin soft, silky and moisturised.

• Better Blood Circulation
Bath salts relax nerves by improving the circulation of blood. Pair natural healing qualities of these bath salts with aromatherapy. Light fragrant candles and read a book while soaking into the bathtub. This will improve nerve functions and diffuse positivity into the dull corners of your mind and body.

• Stabilise Mood
Whether you are upset over a tiff with your colleague, your day didn't go as planned, or you have to work overnight for the next day's presentation, a short salt soak can be the answer to your mood swings and negativity.

—Femina

What's lurking under the flyover

CONTINUED FROM PAGE 1

keep the place clean. The BBMP authorities must beautify the place by keeping it free from all types of garbage," said Shivakumar V, secretary of Domlur Layout Residents' Welfare Association.

The defunct biogas plant at this spot was supposed to be revived by the BBMP in 2019. Sarfaraz Khan, BBMP joint commissioner (solid waste management) of that time said that the BBMP, instead of assigning service providers, would maintain the biogas plant at Domlur. However, the biogas plant, which is expected to utilise waste, is yet to be ready even after five years.

Expressing concern over throwing garbage on the loop of the flyover, Geetha Vasudev, a resident of Domlur Layout, said some irresponsible residents continue to throw garbage on the loop of the flyover.

"I am not happy with the unhygienic atmosphere at the vacant land that is being used as a garbage transfer point. It is the responsibility of the BBMP solid waste management authorities to ensure the garbage transfer point is clean," said Vasudev.

Stating that garbage collection from door to door has improved at Domlur Layout, Sajini Sateesh, a resident, said that a few people are collecting garbage from apartments causing problems to the people authorised to collect trash.

Meanwhile, BBMP solid waste management assistant executive engineer said workers engaged by the garbage contractor have been keeping the place clean.

"I will direct the garbage contractor to remove garbage from the vacant land which is being used as a garbage transfer point," said the assistant executive engineer.

KAUSHIK JN

Bangalore Mirror published a story – Look, what you did to the city of gardens – on April 27, 2023, narrating how garbage was being dumped on the road near the loop of the flyover and how it became one of the black spots.

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I, Sanjaykumar S/o Karadayya G Gangadharmath R/o 703, Rachana Nivas, 6th main, 12th cross, Mathikere, Bengaluru 560054 have changed my name to Sanjay Kumar Gangadhar Math affidavit Dt.05/03/2024 notary Harisha G, B'luru

I Vasanthi W/o, Baikady Shamaraya Shetty, R/o no 1004, atlantis Liberty Square, 80 Feet Road, gubbala, thalghattapura, bengaluru 560109, have changed my name to Vasanthi Shamaraya Shetty for all purposes.

I, Parveez Pasha Parveez Pasha S/o Abdul Khadeer R/o Fileture quarters ward No-14 Siddlaghatta Chikkaballapur-562105 have changed my name to Parveez Pasha

I Kotreshi Diddagi Rudrappa, S/o, Rudrappa Diddagi. R/o, Basavanakote Bo Post, jagalur Taluk, davangere 577513 have changed my name to Kotresh Diddagi Rudrappa for all purposes

I, Navin Vittal Ganega R/o No.29/A, Niharika, 25th main, JP nagar, Mysuru 570008 today camp at Bengaluru have changed my name to NAVIN affidavit Dt.05/03/2024 notary Harisha G, Bengaluru

I Margaret Aswani D/O, Richard Blake R/o #3, His Grace Nest, 5th Cross Road, Opposite Post Office, Lingarajpuram Bengaluru - 560084 have changed my name to Margaret Raj Trivedi.

I, CHINMAYEE M residing No.579, 11th B main B Sector, Yelahanka New town, Bengaluru-560064 have changed my name to VIBHA M PATEL, vide affidavit dated 05.03.2024 before notary Devaraja E, B.lore.

I, Jitendra Jain S/o Rajendra Jain R/o G4, A Block, Sonestaa Silver Oak, Thubrahalli, Bengaluru have changed my name to Jitendra Rajendra Jain for all purposes.

I Rakesh Shinde S/o Baburao Shinde R/o Kengeri, Bangalore have changed my name from Rakesh Babu Rao Shindhe to Rakesh Baburao Shinde for all future purposes.

I, Gulab Jan Gulab Jan W/o Parveez Pasha R/o Fileture quarters ward No-14 Siddlaghatta Chikkaballapur-562105 have changed my name to Gulab jan

I, Keerthik Kumar S/o Chikkalingaiah R/o 21/23, 4th Cross, 4th Main,bharathi Layout, SG Palya B'luru-560029 have changed my name to Keerthik Kumar.C for all purposes

I, Pankaja V Hiremath W/o Sanjay Kumar Gangadhar Math R/o 703, Rachana Nivas, 6th main, 12th cross, Mathikere, Bengaluru 560054 have changed my name to Pankaja affidavit Dt.05/03/2024 notary Harisha G, B'luru

I, Raj Kishor Mahato S/O Shivalook Mahato # 905 Yarandahalli Blr-99 have changed my name to Rajkishor Mahato for all purposes.

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 # Smear campaign
Actress Charlotte Lewis told a French court she had been the victim of a "smear campaign" after she accused Franco-Polish filmmaker Roman Polanski of sexually abusing her as a teenager

YEAR OF THE UNDERDOG

Rani Mukerji looks back at cinema in 2023

Rani Mukerji has said 2023 was a "myth-busting landmark" year for Hindi cinema, for not only did ambitious projects such as 'Pathaan' and 'Gadar 2' turn out to be blockbusters, but also content-driven films like '12th Fail' and 'Mrs Chatterjee vs Norway' disrupted the box office.

"It was a year when the underdogs won," she said. Mukerji, who has many big hits on her filmography and is married to hitmaker Aditya Chopra of Yash Raj Films, was speaking at the 24th edition of FICCI Frames in Mumbai on Wednesday.

The actress said: "The last few years have seen a dynamic environment for content. The pandemic forced us to adapt and innovate, and to reimagine the ways in which we connect with the audience because the consumers have evolved too and want us to deliver something unique for them."

Continuing on the subject of big-budget movies making it big on the box office, Mukerji said, "I am thrilled that the theatrical business is back and mega entertainers such as 'Pathaan', 'Jawan', 'Gadar 2', 'Tiger 3', 'Animal', 'Leo', 'Salaar', 'Jailer', 'Ponniyin Selvan' and 'Carry on Jatta 3' have made box-office history in a single calendar year, which pulled the audience back to the theatres. We have witnessed a myth-busting landmark in cinema."

Mentioning the Shah Rukh Khan-starrer 'Pathaan', Mukerji pointed out that it was released during the phase when the Hindi film industry was recovering post the Covid-19 pandemic and a number of single-screen cinemas were shutting down.

"I congratulate my industry for turning the tide and showing the world that Hindi cinema cannot fall prey to social media trolling," Mukerji said, adding: "We have to constantly work hard to deliver better experiences. It has also been a year when the underdogs won."

On the subject of content-driven films, Mukerji said: "The fact that everyone was made to believe content films wouldn't do well theatrically and should be restricted only to OTT platforms was busted by some of the content movies that were released in 2023." —IANS

Earring love

Orhan Awatramani, affectionately known as Orry, made a memorable gesture by presenting his crystal earrings to Rihanna, leaving the renowned singer in awe. Taking to Instagram, Orry shared delightful photos of himself alongside Rihanna, expressing his exhilaration at their encounter.

In the caption, he fondly mentioned his crystal earrings, noting how they had now found a cherished home with the music icon.

The captivating images capture Orry and Rihanna, with Orry confidently striking his signature pose as Rihanna admires the sparkling crystal earrings. Alongside the photos, Orry posted a heartwarming video showcasing the touching moment he removed the earrings from his ears and presented them to Rihanna, who graciously accepted the gift. Subsequent photos show Rihanna flaunting the earrings.

He wrote in the caption,

"The journey of my earrings .. they're in a better place now… they found love in Jamnagar." —ETimes

Mood to be selective

Karisma Kapoor is set to grace the screen once again in the upcoming murder mystery film titled 'Murder Mubarak'. During the trailer launch event, she discussed her approach to selecting film roles, highlighting her wise choices.

Karisma said that she does selective work out of choice.

She likes to be comfortable. She is lucky and thankful to be in a position where she can say yes or no. She will do more work, but it depends on how she feels.

She wants to do interesting roles—literally something that will make her leave home. She has been lucky to have played very unusual characters over the years, so she really needs to be motivated and excited to go to a set.

The actress revealed what made 'Murder Mubarak' and said that Homi is an old, dear friend.

They went to school together. When she heard the script, his first reaction was that she had to be part of this unusual film.

She compared the process of OTT to traditional cinema and said that in OTT, things are more realistic and much more prepared. There is a lot more time given, and there are more readings.

—ETimes

No repeats

Actress Katrina Kaif has given many blockbusters making her one of the biggest stars in Bollywood. The 'Tiger 3' actress recently opened up about not signing films repetitively and wants to portray herself in a new way.

In an interview with Mid Day, Katrina shared that she wanted to portray herself in a new way. She revealed the reason behind is that she doesn't want to repeat herself too much anymore because, in certain scenarios, she is feeling bored with herself. According to her, if she is feeling bored of herself, she is pretty sure the audience is going to be feeling bored too.

She added that if she is feeling repetitive, they're going to feel the same.

Elaborating further, the actress added that she is not out of trying to predict the future, it's out of being genuine and honest with herself. The actress added that in certain spaces, she asked herself, 'Am I feeling joy in this moment? Am I feeling alive here? Do I have something to give here?' Something new to give to herself as an experience and something new to give to the film. The actress said she loves the action genre, especially women-centric action films. She added that the backstory given to her character, Zoya, added an interesting dimension for her.

—ETimes

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Starry cast

Director Shoonya, who debuted as a director with Head Bush, is ensuring his latest movie Rosy is a multi-starrer. Yogesh aka Loose Mada plays the lead and it is his 50th movie as a hero. Srinagar Kitty and Sandy of Leo fame were added to the list of cast last year. The latest addition is Prashanth of Orata movie fame who will play Swamy Anna in Rosy. A poster, introducing Swamy Anna, was released on Monday.

Prashanth makes a comeback after a gap of five years.

"The movie has two more important characters. I will announce the details of those two characters shortly," said Shoonya.

Prashanth said he agreed to act in Rosy because the script narrated by director Shoonya impressed him. "I was craving to share screen space with Yogesh for quite a long time. I have realised that dream," said Prashanth.

Rosy is the first movie for him after the lockdown, music director Gurukiran said.

Song's out

A function was held at Town Hall to release a music video of the movie Kora. Anand Guruji released the song – Baaninda – and wished all the cast and crew all the best. Gollahalli Shivaprasad has written the lyrics for the song sung by Ravindra Soragavi.

Shree, who earned name for helming the movie Orata I Love You, is the director for Kora while Tsunami Kitty plays the lead. P Murthy has bankrolled the movie under the Rathnamma Movies banner. "Kora is the name of a tribe. The shooting is completed and post-production works are in progress. If all goes well, we are planning to release the movie in April. It has come out well under the guidance of Shree," said producer Murthy.

The producer appreciated the hard work of the cast and crew, saying that all the actors including Tsunami Kitty struggled a lot at the shooting locations that have no amenities. "Shooting was held in forests at Horanadu, and Sakaleshpur where basic amenities are not available. All the actors and technicians completed the shooting at such locations without grumbling or complaining about the lack of amenities," said the producer.

Kakuro

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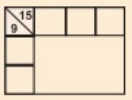

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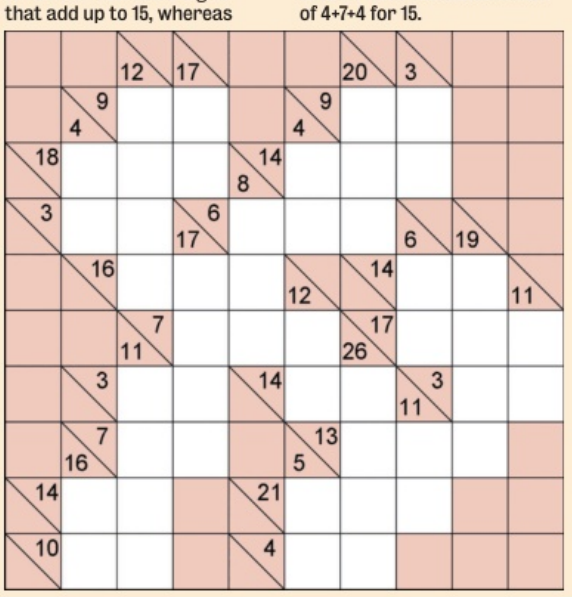
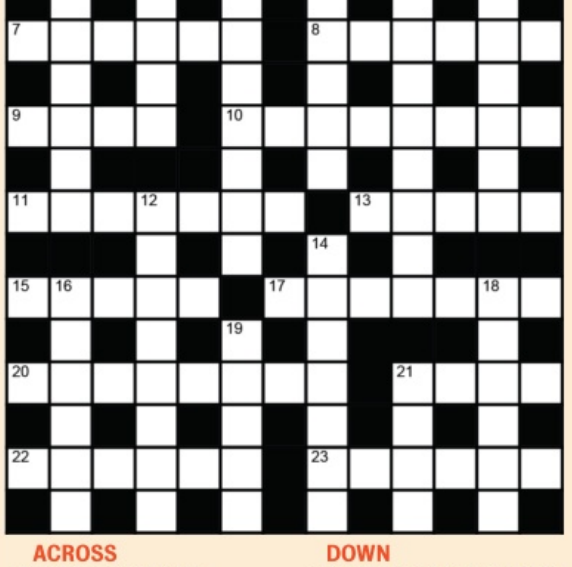


Quick



ACROSS
7 Nepalese porter (6)
8 Ruminant mammals of South America (6)
9 Many (1,3)
10 At a __ __ : in an uncertain situation (5,3)
11 Ruthless competitive struggle (3,4)
13 Shallow dish (5)
15 Berate (5)
17 A titled person (7)
20 Arabian sheikdom (3,5)
21 Cool type of music (4)
22 Outcome (6)
23 Laws or propositions (6)

DOWN
1 Ms Shetty of Bollywood (6)
2 Unruly child (4)
3 Wrong but prevalent notion (7)
4 Dejection or sadness (5)
5 Famous battle (8)
6 Red silicate mineral used as a gem (6)
12 Excluded, pronounced irrelevant? (5,3)
14 Hospital on Airport road (7)
16 Wired (6)
18 Protein catalyst of a specific biochemic reaction (6)
19 Lures (5)
21 Weld or fasten together (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: N EQUALS G
YSXQT DC JOXR T NGM NXHC CHTAAXE DR HOX ATWZ TRE, DRCHXTE YK AUXXEDRN, OX CDRNC.

Linemaro

I wish the alphabets would rearrange themselves so that I could be next to U

Mindchow

Thunder is good, thunder is impressive; but it is lightning that does the work

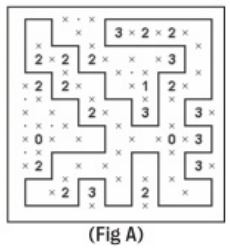
Joke of the day

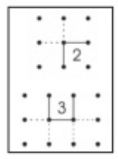
I didn't sleep very good last night. So this morning I put Monster energy drinks in my coffee ... I was halfway to work when I realised I forgot my car

Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.


(Fig A)

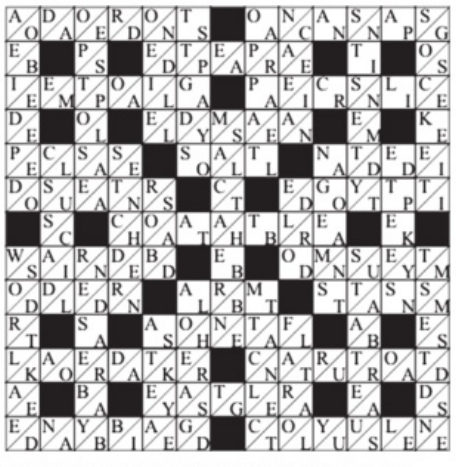

(Fig B)
Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

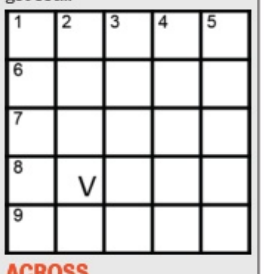
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

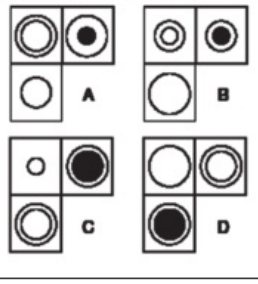


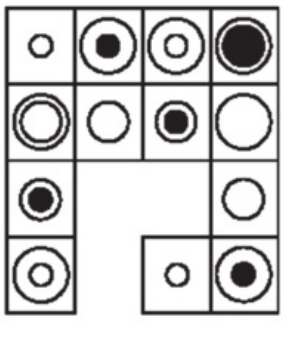
ACROSS
1 Tasse; 6 To err;
7 Col to; 8 Ed Eva;
9 Add TE

DOWN
1 Cadre; 2 Laves;
3 To sat; 4 Do ere;
5 Ted to

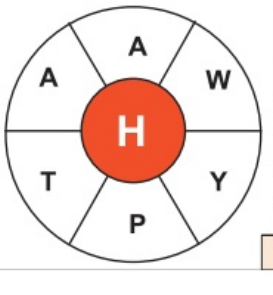
Mensapuzzle

Which is the missing section?





Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

SudokuChallenge

	1						9	
	3	2	1		8	4	6	
9				6				2
	9		4		7		1	
		5				8		
	6		3		5		7	
3				7				5
	4	7	2		9	6	3	
	5						2	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy ☐☐☐☐☐☐☐ = 28
5 6 8 9

Medium ☐☐☐☐☐☐☐ = 5
2 5 6 8

Hard ☐☐☐☐☐☐☐ = 2
5 8 9 6

Hocusfocus

Find at least six differences in details between panels.

Differences: 1. Man's arm is lower. 2. Chair leg is moved. 3. Sleeve is longer. 4. Diploma is larger. 5. Shoulders are wider. 6. Arm of chair is lower.

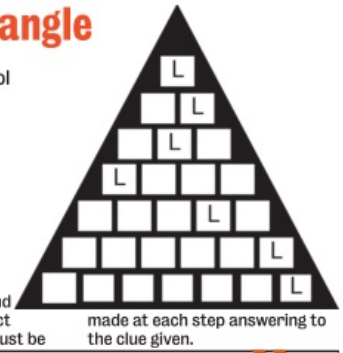
Riddler

In each sentence below, two words are incomplete. The two words end in the same three letters, so they look like they should rhyme, but they don't. See if you can figure out the missing letters in each sentence.

1. It is time to c___ h___ after a day at work.
2. On sunny days, a large ra___ of patrons ate on the pa___.

Alpha triangle

1 Litre
2 Aluminium symbol
3 Stout brew
4 Country road
5 Bless
6 Tooth coating
7 Choose a jury

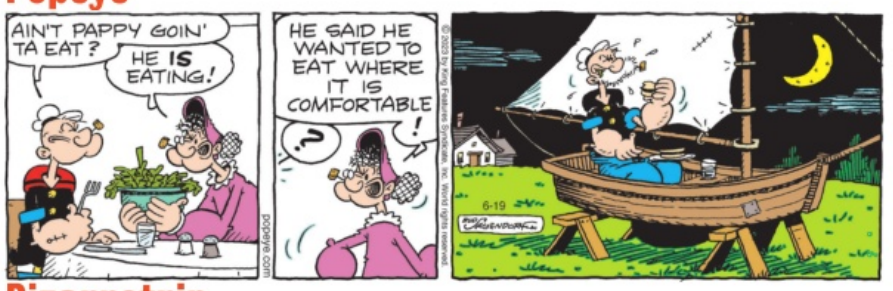


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye



Bizarrotrip

Wayno & Piraro 12-11-23
And do you, Casey, promise to share all of your streaming service passwords?
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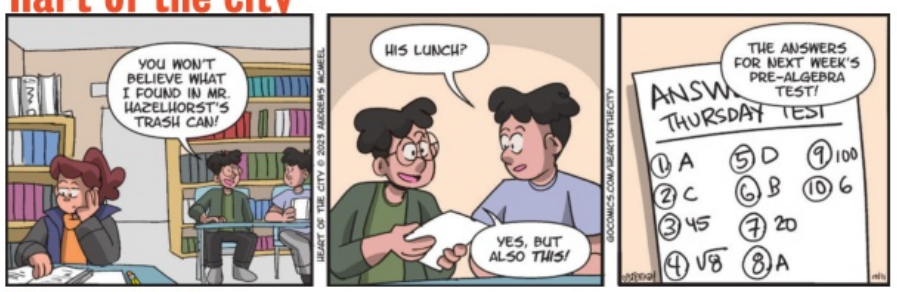
Diamond Lil

Hart of the city



Crankshaft

HANNAH! WHAT ARE YOU DOING HERE?
I THOUGHT I'D COME OVER TO SEE IF YOU NEEDED ANY HELP MAKING YOUR HOLIDAY RUM BALLS.
LET'S BE HONEST...
CRANKSHAFT SENT YOU OVER TO MAKE SURE I DIDN'T FORGET TO MAKE THEM.
OKAY... MAYBE SOME OF THAT, TOO!
tombatiuk.com/books
BATIUK & DAVIS
12-11

Mutts

HECK, I PASSED OUT IN MY BACKYARD... ALONE...CHAINED... FREEZING AND... STARVING...
AND I WAKE UP FREE IN A WARM ROOM WITH NICE PEOPLE GIVING ME TREATS AND LOTS OF LOVE!
GEE... MAYBE I DIED AND WENT TO HEAVEN.
mutts.com/GuardDog
12-11

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today is a good day for you and your enthusiasm may be at its peak. You need to regulate your enthusiasm. Self-analysis may help you get confidence, which may increase your prestige in society. You will resolve many problems with the help of your communication skills. Investors are advised to avoid speculation before making investments. You may also plan for higher studies for a good career.

Taurus Apr 21 – May 20
Today, you may not be able to enjoy your work life as well as family life. You are advised to avoid arrogance and ego with your spouse otherwise it may affect your emotional bonding. Problems in partnerships are likely to be resolved. Singles are advised to avoid hurrying before making decisions related to marriage. With the help of patience, you may come out of a messy situation.

Gemini May 21 – Jun 21
Today, you are blessed by a positive moon. You may be enthusiastic. You are likely to start some new innovations in the business, which may help your business grow in the near future. You may plan some renovation in the house and office with the help of your creativity. Your network may become strong now.

Cancer Jun 22 – July 23
Today you may be busy with family matters. You are likely to hear some good news from your family members. You may also be busy with your kids, you may plan for their academics, kids' health too is likely to be good. You are advised to be polite with the people around you, otherwise you may face some harsh arguments.

Leo Jul 24 – Aug 23
Today you may be happy and may have internal vitality which may boost your self-confidence. You are advised to avoid delay in making decisions in terms of finance, profession and academics. Sometimes, you may face self respect issues with the spouse, so you are advised to keep patience, which may help to maintain domestic harmony. Love birds may go for short trips.

Virgo Aug 24 – Sep 23
Today is not a good day for you. You may feel dull and dissatisfied every moment. You may be a victim of conspiracy; you are advised to be careful in terms of hidden enemies and opponents. You are advised to avoid harsh words; otherwise you may face some litigation. You should avoid making investments in risky assets.

Libra Sep 24 – Oct 22
Today you may be happy and enthusiastic. You may start a new partnership, which may help you to grow your business. Your seniors may appreciate your dedication towards work. You are likely to have a promotion in your current job. You may get incentives in terms of rewards. Job seekers can expect to get a new job. Singles are likely to find their soul mates with the help of relatives.

Scorpio Oct 23 – Nov 22
Today you may be busy at work. Your focus towards your goal may be tested many times. Your patience may help you achieve your goals on time. Your dedication for work may be tested many times. You are likely to get some rewards as a result of your hard work. You are likely to make investments in fixed assets also.

Sagittarius Nov 23 – Dec 22
Today your destiny may help you get success in an easy way. You are likely to visit some religious place to seek peace of mind. You may spend your time getting some intellectual or occult knowledge. Students may do well. Singles are likely to find a good match. Love birds may make some important decisions in terms of marriage.

Capricorn Dec 23 – Jan 20
Today, you may feel dull. It is advised to be careful of opponents and rivals. You are advised to avoid arguments with the seniors. Investments in fixed assets may be postponed for a while as it might get converted into dead investments. Love birds are advised to avoid discussions on worthless topics to maintain harmony in the relationships.

Aquarius Jan 21 – Feb 19
Today, you may enjoy it with your family. You may spend some romantic moments with the spouse, which may boost understanding with your spouse. You are likely to spend money to buy some artefacts or household stuff to renovate your house. You may enjoy parties and events. You are advised to read documents carefully before making any investments in fixed assets.

Pisces Feb 20 – Mar 20
Today you may feel happy and energetic. You may explore and analyse yourself, which may give you confidence and you are likely to be able to face any type of challenges, which may make you fearless and courageous. You are advised to keep patience in taking some financial decisions in business. Love birds may enjoy happy moments.

KIDZONE

Ritvik Mankani, 14 Years, Frank Anthony Public School

Suhana Mankani, 6 Years, Frank Anthony Public School

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SOLUTIONS

SOLVE IN 1M
1.2,3
-1,-2,-3

BULL'S EYE
apathy, path, PATHWAY, thaw, what

STRIKE OUT

A	D	O	R	N	S		A	N	A	N	A	S		
B	P		E	T	A	P	E		I		O			
I	M	P	A	L	A		P	I	C	N	I	C		
D		O		L	Y	M	A	N		E		K		
E	L	S	E		S	A	L		A	T	E	E		
D	U	E	T	S		C		E	G	Y	P	T		
W	I	N	E	D		B	O	N	S	E	T			
O	D	E	R		A	R	T		T	A	S	S		
R		A		S	H	E	A	F		B		E		
K	A	R	A	T	E		C	A	R	R	O	T		
E		B		Y	A	G	E	R		E		S		
D	A	Y	B	E	D		T	O	U	S	L	E		

QUICK

S		B		F		G		W		G				
S	H	E	R	P	A		L	L	A	M	A	S		
I		A		L		O		T		R				
A	L		O	T		L	O	O	S	E	N	D		
	P			A		M		R		E				
R	A	T	R	A	C	E		P	L	A	T	E		
	U			Y		M		O						
S	C	O	L	D		B	A	R	O	N	E	T		
	A		E		B		N							
A	B	U	D	H	A	B	I		J	A	Z	Z		
L		O		I		P		O		Y				
L	O		T		L		A	X	I	O	M	S		
D		T		S		L		N		E				

MENSA PUZZLE
D: columns 1 and 3 are the same symbols reversed, as are columns 2 and 4.

RIDDLER
1. come home &
2. ratio patio

QUOTE UNCODE
Opera is when a guy gets stabbed in the back and, instead of bleeding, he sings.

SUDOKU

7	1	6	5	4	2	3	9	8
5	3	2	1	9	8	4	6	7
9	8	4	7	6	3	1	5	2
2	9	3	4	8	7	5	1	6
1	7	5	9	2	6	8	4	3
4	6	8	3	1	5	2	7	9
3	2	1	6	7	4	9	8	5
8	4	7	2	5	9	6	3	1
6	5	9	8	3	1	7	2	4

ALPHA TRIANGLE
L, Al, Alg, Lane, Anele, Enamel, Empanel.

GO FIGURE
8 + 6 + 9 + 5 = 28
Easy
5 - 8 + 2 + 6 = 5
Medium
8 + 9 - 5 / 6 = 2
Hard

LOOP

KAKURO

FAST FIVE

D	A	T	E	D
E	V	A	D	E
C	L	O	O	T
R	E	T	R	O
A	S	S	E	T

Volume No 17, Issue No 048 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore - 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru - 560 011, Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon - responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

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